

WARRIOR

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'Good' is the new 'average'

Chief Master Sgt. Stuart Allison
509th Mission Support Group

In today's ultra-competitive environment, being "good" is the new "average." We must continually progress toward being "excellent" and "outstanding."

Each tip below, when applied with consistent effort, will put you on a path to continued success. If all you do is give each a passing glance, or try once and give up, your chances of success will diminish. Dabblers should not expect continued success.

This article is my second in a series of commentaries that will actually teach what it means to be successful. There is no one perfect answer for how to achieve success. It's a series of lessons that if learned and applied will greatly increase your chances of success.

1. Get serious: Don't expect success without daily deliberate actions. You have to be mentally prepared to improve yourself. Reflect on what you want to achieve and how you want to achieve it. Be honest with yourself and talk with others about it. Other people can give you a different perspective for where and how you should improve. Deciding on a whim to improve will be a recipe for disaster.

2. Raise the bar: Set high goals that are attainable. Stretch yourself with a challenge. If your goals are too high, break them down into smaller parts. Before running a marathon, train for a 5K, then a half-marathon, and then finally graduate to the full marathon.

3. Keep things simple: Set only one to three goals at a time and make the criteria for success clear. People fail to change because they set too many goals or their goals are too vague. Make the criteria for success measurable. Setting a goal of "I will run a mile in under seven minutes" is far better than setting a goal of "I will run faster."

4. Focus on the fundamentals: Olympic lifters practice good

form, comedians rehearse their routine hundreds of times and we all know how many times we Airmen have practiced each of our drills. Focusing on the fundamentals causes you to form a solid foundation of good habits that you can continuously improve upon.

5. Focus on your strengths: Focusing solely on your weaknesses will cause you to spin your wheels and become frustrated. Do what you are good at and become an all-star at it. People do not want generalists; all-stars and experts are the ones in high demand.

6. Plan your way to success: Even if you set measurable and attainable goals, if you do not have a plan you will fail. Look to others who achieved similar goals to those you set. Model your plan off of their methods. The important part – write down your plan. You will often be led astray by daily distractions; writing down your plan will be a backup for when you forget.

7. The power of focus: Keep your goals in front of you. Write them on a sheet of paper and post them at home and at work. If you are a visual person, create a vision board with pictures of your goals.

8. Personal development: Always look for ways to improve. The Internet is full of free information. Read books or take seminars and free online courses. Always be moving forward. Improve by just 1 percent each day. In a year, you will have improved over 300 percent!

9. Teamwork: Find others that want to achieve the same goals as you and work together with them. Mutual support will keep you both moving forward. Tell others about your goals, too. You will be more motivated to achieve your goals if you know others will be holding you accountable.

Above all else, you must be willing to apply each tip consistently. Think of New Year's resolutions. People set them, hold onto them for about two weeks and then abandon them. Good intentions and happy thoughts are not enough. Serious and deliberate action is what separates success from failure.

A true airpower giant

By Gen. Mark A. Welsh III
Air Force Chief of Staff

WASHINGTON (AFNS) -- We lost another Air Force hero this week. Brig. Gen. James Robinson "Robbie" Risner was part of that legendary group who served in three wars, built an Air Force, and gave us an enduring example of courage and mission success.

Most of today's Airmen know General Risner because of his leadership and heroism as a Vietnam War POW, but his story actually started well before that.

He enlisted in the U.S. Army Air Corps during World War II. He flew more than 108 combat missions in the Korean War, shot down eight MiGs, and became the 20th jet ace of that war.

During the Vietnam War, Risner was an F-105 squadron commander. On March 16, 1965, he was shot down, but made it to the Tonkin Gulf before bailing out and was rescued. A month later, Time magazine featured him on their cover. On Sept. 16, he was shot down again, and this time, was captured. To make things worse, his captors had the Time article, and made him their "prized prisoner," which meant more abuse. Risner served as a leader in the Hoa Lo Prison -- first as senior-ranking officer and then vice commander of the 4th Allied POW Wing. Some called him "the most influential and effective POW there."

One day in 1971, Risner and several colleagues organized a church service, a forbidden act, which led to more punishment. As their captors led Risner away, Col. "Bud" Day and the more than 40 other POWs in



U.S. Air Force photo/Courtesy
Then-Maj. James Robinson "Robbie" Risner poses with F-86 Sabre in South Korea. Brig. Gen. Risner enlisted in the U.S. Army Air Corps during World War II. He flew more than 108 combat missions in the Korean War, shot down eight MiGs, and became the 20th jet ace of that war. Risner passed away Oct. 22, 2013.

the room began singing "The Star Spangled Banner" to show their support. Hearing the defiant singing, Risner walked away with his back straight, head held high, full of pride.

When asked later how he felt at that moment, Risner said "I felt like I was 9 feet tall and could go bear hunting with a switch." That moment and his words are reflected by a statue, exactly 9 feet high, that now stands at the U.S. Air Force Academy. Bud Day spoke at the unveiling of the statue, saying,

"We knew he was in fact 9 feet tall. This is a life-size statue."

He was awarded two Air Force Crosses for heroism in Vietnam, the first for leading the attack on the "Dragon's Jaw," a bridge that was one of the toughest targets in North Vietnam and withstood 871 attacks. The second was given for his leadership in the POW camp and courage under torture.

After more than seven years in captivity -- more than three of which were in solitary confinement -- Risner was released. He was briefly hospitalized and reported he was ready for duty "after three good meals and a good night's rest." He spent his remaining years in uniform commanding the 832nd Air Division, and serving as the vice commander of the AF Tactical Fighter Weapons Center, where he also commanded Red Flag. He retired in 1976.

Like many heroes, Risner spent a great amount of his remaining years sharing his story with our Airmen. At an event in the 1990s, he met a Russian MiG-15 ace who'd flown during the same time Risner had been in Korea. The Russian pilot asked if they'd ever faced each other in combat. Risner responded: "No way; you wouldn't be here."

When I visit USAFA next week, I look forward to visiting Risner's statue and reflecting on his life and what he stood for. A few words come instantly to mind ... pride, courage, tenacity, and integrity. I'm proud to serve in Robbie Risner's Air Force and to try and live up to his example.

Today's Airmen know we stand on the shoulders of giants. One of 'em is 9 feet tall...and headed west in full afterburner... Airpower...built by legends!

THE WARRIOR

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The Sedalia Democrat
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For more information, call the Warrior office at 660-687-6123, email: Whiteman.Warrior@us.af.mil, fax us: 660-687-7948, or write to us at: 509th Bomb Wing, 1081 Arnold Ave., Bldg. 59, Whiteman AFB, Mo., 65305.

To advertise in *The Warrior*, call the *Sedalia Democrat* at: 1-800-892-7856.

On the cover

U.S. Air Force photo/Staff Sgt. Nick Wilson
A slit lamp is used to evaluate the eyes of Alyssa White, 509th Medical Operations Squadron optometry technician, in the optometry clinic at Whiteman Air Force Base, Mo., Sept. 4, 2013. The slit lamp is also used to help check for proper fit of contact lenses on patients' eyes.

NEWS BRIEFS

Telephone news line set up for retirees

A toll-free telephone news line has been set up for retirees and surviving spouses who do not have computer access.

By calling 1-800-558-1404, retirees and spouses can stay informed using this new easy-to-use menu-driven service. Callers can select from several different topics that are compiled from various electronic news sources.

Topics include pay and annuity matters, medical and health care, and other benefits and entitlements.

New location for Retiree Activities Office

The Retiree Activities Office has officially moved to its new location. Their new address is:

**750 Arnold Ave., Ste. 114
Whiteman AFB, MO 65305**

They can still be reached at 660-687-6457 or toll-free at 1-800-303-5608. Office hours are still Monday through Friday 9 a.m. to 3 p.m.. For updated information, visit <http://www.whiteman.af.mil/units/509thbombwing/whiteman-retireeactivitiesoffice/index.asp>.

Air Force Housing Web Site

Visit www.Housing.af.mil to find your new home with the Air Force. This web site serves as a one-stop shop for Airmen and their families to obtain information about the housing options and support services available to them at Air Force bases worldwide.

Found Property

Keys, wallets, bicycles, jewelry and other items have been turned in as found property to Security Forces Investigation Section. To inquire about lost property, go to building 711, room 305, or call Detective Steven Scott at 660-687-5342.

CCAF GEM Program

Military members avoiding taking classes because of work shifts, deployments or other time constraints have a new program to assist them. Community College of the Air Force degree requirements can be met through distance learning using the CCAF General Education Mobile (GEM), a partnership between CCAF and other schools. For more information call (660) 687-2420.



WEATHER

Today	Saturday
Mostly Sunny	Sunny
Hi 63	Hi 55
Lo 40	Lo 38
Sunday	Monday
Sunny	Chance of Showers
Hi 60	Hi 60
Lo 35	Lo 47

Isaac Newton "Ike" Skelton IV

(December 20, 1931 - October 28, 2013)



Courtesy photo

"For 34 years, Ike Skelton served the people of Missouri in the United States Congress. He was beloved and respected by his colleagues on both sides of the aisle, and as Chairman of the Armed Services Committee, Ike was a devoted advocate for our men and women in uniform. To many in Congress and across Missouri, Ike was a mentor and a friend, and he will be missed. Michelle and I send our thoughts and prayers to his wife Patty, his family and loved ones."

-President Barack Obama

"A role model to whom I had the honor of presenting Missouri's highest military honor, the Conspicuous Service Medal, Ike Skelton inspired us all with his quiet dignity and tireless commitment to America's men and women in uniform," Gov. Nixon said. "A friend to Missourians, Americans and liberty-loving people worldwide, Congressman Skelton embodied the true meaning of public service and will forever be remembered as a leader who left a legacy of greater prosperity and security for his district, our state and our nation."

-Governor Jay Nixon

"I am deeply saddened at the passing of my predecessor and respected friend, Ike Skelton. I have appreciated our conversations over the past two and a half years and the commitment we shared to see Missouri's 4th District prosper. I am thankful for Ike's tireless efforts on behalf of our men and women in uniform and know our country is safer as a result of

his unwavering leadership. My thoughts and prayers are with his family during this difficult time."

-Missouri Congresswoman Vicky Hartzler

"The Department of Defense lost a lifelong friend yesterday with the passing of former Rep. Ike Skelton. His leadership of the House Armed Services Committee, and his passion for our men and women in uniform, helped make the military he loved stronger. He will always be remembered for his commitment to bi-partisanship, his work to get our troops what they needed to succeed in battle, and his belief in the importance of professional military education. He will be missed by so many of us. Our service members, their families, and the people of Missouri have lost a staunch advocate. My thoughts and prayers are with his wife Patty and the entire Skelton family."

-Defense Secretary Chuck Hagel

"It is with great sadness that we mark the passing of a true patriot and friend of Whiteman Air Force Base. For 34 years, Congressman Ike Skelton served Missouri's fourth district, and all Americans everywhere, with wisdom, judgment and foresight that set him apart from his peers. We owe him a debt of gratitude for all that he has done for the people of Missouri and Team Whiteman, and our hearts go out to his friends and family."

-Brig. Gen. Thomas A. Bussiere

Whiteman ALS graduates 30 future NCOs

The Whiteman Airman Leadership School Class 13-G graduated 31 senior airmen and staff sergeants in a ceremony Oct. 25 at the Mission's End.

The award winners are:

John L. Levitow:

Senior Airman Spenser Hicks,
Det. 303, 509th Civil Engineer Squadron

Distinguished Graduate
Senior Airman Jessica Steube,
509th Medical Operations Squadron

**Academic Achievement Award/
Distinguished Graduate:**
Senior Airman Bernard Links IV,
509th Operations Support Squadron

Commandant Award:
Senior Airman Lanny DeBoard III,
509th Aircraft Maintenance Squadron
The remaining graduates by unit are:

509th Bomb Wing
Senior Airman Gary Randolph

509th Civil Engineer Squadron
Senior Airman Spenser Hicks
Senior Airman Elizabeth Hubbard
Senior Airman Trevor Leabo
Senior Airman Brandon Lynn
Senior Airman Ricky Mitchell
Senior Airman Joseph Sicard

509th Aircraft Maintenance Squadron
Senior Airman Lanny Deboard
Senior Airman Jean De Leon
Senior Airman Devon Goy
Senior Airman Jordan Kallam
Senior Airman Mark Lopez
Senior Airman Joshua Masulit
Senior Airman Ashley Slavens

509th Security Forces Squadron
Staff Sgt. Joshua Burnett
Senior Airman Joshua Farnham
Senior Airman Monica Franks
Senior Airman Christopher Noble
Senior Airman Robert Schaefer

509th Operations Support Squadron
Senior Airman Menno Gingerich
Staff Sgt. Bernard Links

509th Munitions Squadron
Senior Airman Wade Johnson

709th Munitions Squadron
Senior Airman Joshua Self

509th Logistics Readiness Squadron
Senior Airman Christopher Schrier

509th Maintenance Squadron
Senior Airman Samuel Babcock

509th Medical Operations Squadron
Senior Airman Heather Reidenbach
Senior Airman Jessica Steube

509th Medical Support Squadron
Senior Airman Eshaquay Watson

509th Operations Support Squadron Airman wins Chiefs' Choice



U.S. Air Force photo/Airman 1st Class Keenan Berry

U.S. Air Force Senior Airman Christopher Sorondo, 509th Operations Support Squadron wing scheduler, receives the October Chiefs' Choice award at Whiteman Air Force Base, Mo., Oct., 25, 2013. Sorondo's actions aided the 509th Bomb Wing in meeting its fiscal year 2013 goal of flying hour closeout for the B-2 Spirit and the T-38 Talon with 100-percent accuracy for the second year in a row. He earned accolades from the director of operations at Air Force Global Strike Command and helped fellow aircrew flight equipment warriors clean Children's Memorial Park in Warrensburg, Mo.



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Speech M-W;
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- Session 3a Jan. 23 - Feb. 12**
Humanities T-Th
- Session 3b Jan. 23 - Feb. 26**
College Algebra M-W;
College Algebra T-Th

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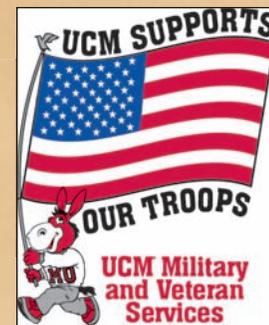
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LEARNING TO A GREATER DEGREE

Egress measures progress with safety, success

By Airman 1st Class Keenan Berry
509th Bomb Wing Public Affairs

The 509th Maintenance Squadron egress crew has the job of making sure pilots, from the beginning to end of a flight, know their safety is the egress shop's primary focus.

The egress crew works behind the scenes, ensuring the equipment functions properly for pilot emergency needs.

Attention to detail is a vital part of the shop's regiment on repairing equipment. They focus on the pilot's safety, ensuring he is provided with timely and guaranteed escape in case of an emergency.

Without the egress system, the entire aircraft is unable to fly. The egress system consists of the hatches (the top component of the aircraft which releases in the event of an emergency), and the Aces II ejection seats.

"We are responsible for the entire ejection system," said Senior Airman Paul Blake, 509th MXS egress shop crew journeyman. "We swap out the emergency equipment, maintain all explosive time changes and ensure there are no defects on the ejection seats. If there is a crack or damage, we pull the seats and repair them. It's important for us to repair the seats because failure to pay attention to detail could result in the seat's inability to function in the time of need."

In addition, the egress shop crew also maintains the hatches and pulls the canopies off both aircraft for repair. The egress shop crew ensures there is a second chance for the pilot.

Occasionally, the egress crew works with the 509th MXS electrical environmental shop to troubleshoot the wires connected to the seat's components, ensure electrical connectors are functioning and provide oxygen cylinders.

There are horizontal and vertical actuators located underneath the seat that allows the pilot to adjust the seat forward, backward, up and down. When a wire is no longer functioning, the electrical environment shop will troubleshoot it to find out what is wrong. The oxygen cylinders provide pilots with 10 minutes of oxygen when they are ejected up to 35 feet from the jet.

The seat's electrical connectors control the pilot's communication avenue. If they are malfunctioning, the pilot's communi-

cation will not work properly.

The 509th MXS egress shop provides pilots with quick, responsive equipment, ensuring their safety in less than two seconds with a parachute descending to the ground, according to Staff Sgt. Todd Branthoover, 509th MXS swing shift leader.

"The seats eject pilots with more than 14 units of gravitational work force," he said. "There is a rocket catapult attached to the back of the seat to propel the pilot out of the aircraft. The Aces II is the most common seat in bombers and fighters, including the B-2."

Three-levels are required to receive training on repairing the egress systems so they can operate with efficiency and accuracy, as well as gain confidence in their abilities to complete assigned tasks.

"As a three-level, I'm learning the ropes of my career field and adhering to the instructions, guidelines and technical orders on how to handle the equipment," said Airman 1st Class Christopher Papa, 509th MXS apprentice. "I receive as much training as possible and learn to be precise and confident when working with the Aces II seats."

Three-levels also take the field detachment training course for five weeks, in which they learn how to pull seats out of the aircraft, remove all components from the seats and repair them. Once they have completed the course, they are required to apply knowledge in their performance on the flightline. They are still requiring supervision for a year until they receive their five-level and are capable of performing the tasks without assistance.

Five-levels ensure three-levels receive the proper training they need to be successful within the egress shop.

"I'm also responsible for supervising them while they complete tasks to ensure they are adhering to the technical orders and proper instructions," said Blake. "The three-levels work on training seats to gain the necessary experience and confidence they need to work on the flightline with us. The training seats allow the three-levels to work on safety wires, removing explosives and oxygen bottles."

Seven-levels have the job of ensuring all equipment is inspected before it is returned to the flightline for aircraft installation.

"After the three-and five-levels are done working on the equipment, I re-inspect all of it," said Branthoover. "I must ensure all the equipment is constantly prepared for use without any defects."

As always, safety in the Air Force is number one since working with equipment means the risk of injury is always present.

"Being careless and inattentive is not allowed when working on safety equipment," said Papa. "We are around explosives every day, which can be set off easily. Attention to detail is so important. You cannot skip steps or use the wrong technical data and expect for the equipment to work properly."

While safety is the primary focus of this career field, there is also joy in working within the egress shop.

"There's nothing like knowing that the job we do plays an important role in pilot safety," said Blake. "When it comes to ensuring our pilots get home safe, we do it to the best of our ability because we know the pilots are counting on us to do it. Failure is not an option."



U.S. Air Force Airman 1st Class Justin Rye, right, 509th Maintenance Squadron egress shop apprentice, and U.S. Air Force Staff Sgt. Todd Branthoover, 509th MXS egress swing shift leader, lift a T-38 ejection seat at Whiteman Air Force Base, Mo., Oct. 28, 2013. In the event of an emergency, the ejection seat launches pilots 35 feet into the air.



U.S. Air Force Airman 1st Class Justin Rye, right, 509th Maintenance Squadron egress shop apprentice, and U.S. Air Force Staff Sgt. Todd Branthoover, 509th MXS egress swing shift leader, tilt an ACES II ejection seat at Whiteman Air Force Base, Mo., Oct. 28, 2013. Tilting the ACES II seat enables techs to perform time changes and maintenance procedures.



U.S. Air Force Airman 1st Class Justin Rye, 509th Maintenance Squadron egress shop apprentice, inspects a pressure delay initiator (PDI) at Whiteman Air Force Base, Mo., Oct. 22, 2013. The PDI detects the air pressure difference inside the cockpit and outside the aircraft during the ejection sequence. Once the desired range is achieved, the ejection sequence will continue to hatch removal.

Violators of PII will have AFNET accounts locked

PETERSON AIR FORCE BASE, Colo. (AFNS) -- Individuals who inappropriately store and transmit Personally Identifiable Information over the Air Force Network will now have their accounts locked in response to the violation.

"We are taking several steps to improve notification and reporting of PII incidents," said General William L. Shelton, the commander of Air Force Space Command. "My intent is to increase awareness within the Air Force as part of my responsibility to ensure the security and defense of the AFNET and its users. PII violations create both a personal and operational risk for all of us."

The 68th Network Warfare Squadron and 352nd Network Warfare Squadron, as the Cyberspace Defense Analysis Weapon System, are actively monitoring the AFNET for PII breaches and violations. When a PII breach is identified, it is reported to the 624th Operations Center and the formal reporting process is initiated.

The 624th OC, as the Cyber Command and Control Mission System Weapon System, then reports the AFNET PII breach to the 24th Air Force commander, which will result in the violator's AFNET account being locked and notification to the individual's wing commander.

"Beginning Oct. 24, we began locking out the AFNET account of individuals who were found to be inappropriately transmitting PII data via the AFNET," explained

Major General J. Kevin McLaughlin, the commander of 24th Air Force and Air Forces Cyber. "A violator's account will only be unlocked once the first O-6 in their chain of command certifies that the individual has accomplished all necessary actions, to include remedial training."

These new actions are in addition to, and do not circumvent or replace, the normal Privacy Act notification process which is already in place throughout the Air Force. Air Force Instruction 33-332 governs the PII breach reporting process as well as the consequences for PII violations.

PII is any information about an individual that can be used directly, or in connection with other data, to identify, contact or locate that person and can include such information as: full name, address, Social Security number, medical, educational, financial, legal and employment records.

A PII breach is defined as a loss of control, compromise, unauthorized disclosure, unauthorized acquisition, unauthorized access or any similar term referring to situations where persons other than authorized users, and for an other than authorized purpose, have access or potential access to PII, whether physical or electronic.

Encrypting PII allows secure transmission. Additional information on protecting PII can be found of the Air Force Portal under the Cyber Threats and Information tab as well as at <http://dpcllo.defense.gov/privacy/>.

Service members should start saving early for retirement

WASHINGTON (AFPS) -- It's never too soon to start saving for retirement, Barbara Thompson, the director of the Defense Department's office of family policy/children and youth advised service members today.

Enlistees as young as 18 might not be thinking about saving for retirement or the importance of their Thrift Savings Plan, but that's when they should, because retirement creeps up quickly, Thompson said.

"The vast majority of service members don't go the full 20 years for military retirement, so they need to, from the very beginning, think about their futures," she said. "When [service members] get out of the military, they will have something to show in a retirement plan they've had all along while serving."

Sometimes "you have to start small, because that's what you can afford, but the goal is to build up, so you're saving more and more every year," Thompson said.

The Thrift Savings Plan, Thompson said, offers two types of approaches: one that is tax-deferred until age 59-and-a-half when taxes on that money will be paid; and the Roth Thrift Savings Plan, in which taxes are paid up front.

"It's an individual decision based on [service members'] circumstances, and I would highly suggest they utilize the financial resources that DOD provides," Thompson said.

Saving for retirement is not only about financial readiness, it's also critical for service members' financial well-being, she said. And DOD offers numerous resources to help with retirement account guidance, Thompson added. Military OneSource has financial counselors who are available by phone, online or in person, she said. Its online calculations also show service members how their savings will develop over time.

Military installations offer personal financial managers at base family centers, Thompson added. The counselors are certified in financial counseling and can help families decide which of the two plans best meet their needs.

Banks and credit unions also offer financial education, and the Thrift Savings Plan website offers a wealth of information as well, Thompson said.

Regardless of the Thrift Savings Plan service members and families choose, they should periodically revisit their retirement accounts and stay informed by researching financial matters, Thompson said.

"It's not now, it's the future you need to be thinking of," she said. "We're seeing a trend in the United States [in which] people are reaching retirement age and they're realizing they may not have enough [money] as they get into their 80s and 90s. You want to make sure all those years are covered so you don't become a burden to your children or to society."

Whiteman celebrates Oktoberfest



U.S. Air Force photo/Staff Sgt. Alexandra M. Boutte

Gary Richmond, member of Festhaus-Musikanten, plays the French horn during the 2nd Annual Oktoberfest at Whiteman Air Force Base, Mo., Oct. 18, 2013. Oktoberfest included hay rides, a pretzel-eating contest, a costume contest and a game of hammer schlagen.

Can you handle the truth? JAG recruiting paralegals

509th Bomb Wing Legal Office

Are you considering a change in career fields? The Judge Advocate General Corps is looking for Airmen who can "handle the truth" working as a paralegal.

As a paralegal, you would assist attorneys in providing superior legal counsel to commanders, first sergeants and other key personnel on a broad spectrum of legal and policy matters. Paralegals also provide assistance to eligible clients under the supervision of an attorney.

Paralegals also support all areas of a legal office, including military justice, claims, civil law, legal assistance, contracts, and environmental and operations law. They may also manage defense services as needed.

Air Force paralegals are assigned at most Air Force locations in the continental United States and overseas, including some locations such as Australia!

Duty requirements to join this Air Force specialty code:

- Complete personal interview
- Type minimum of 25 words per minute
- Minimum general Airman Qualifying

Examination score of 51

- No derogatory information, no previous courts-martial convictions and no Article 15s in previous six years
- Letters of recommendation from supervisor, first sergeant and commander
- Ability to communicate effectively in writing
- Absence of any speech impediments and ability to speak English clearly and distinctly

Frequently asked questions

Will I get to actually try courts?

You will assist the attorney in charge of the prosecution. Only an attorney can try a case.

How are promotions?

Since we pick the "best of the best," promotions may appear to be more difficult but we get the same percentage and if you try you too can get promoted.

Will I have to PCS?

Air Force needs come first and if you are needed more at another base, then you may have to PCS.

If "you want the truth," please contact Master Sgt. Kent Kagarise at 660-687-6809.



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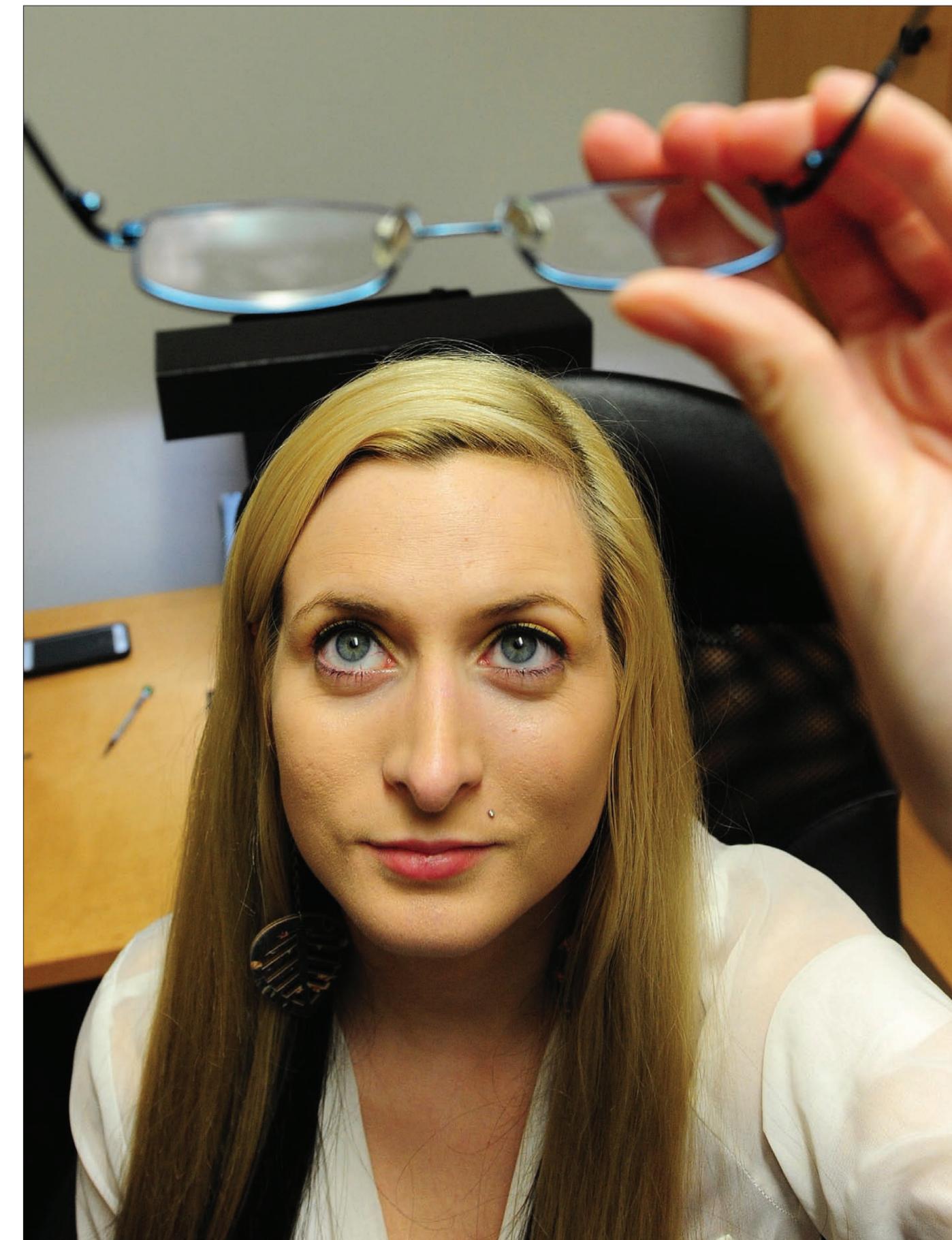
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Alyssa White, 509th Medical Operations Squadron optometry technician, checks a pair of eyeglasses for scratches in the optometry clinic at Whiteman Air Force Base, Mo., Sept. 4, 2013. White is checking to see if the glasses are free of irregularities or imperfections in the lenses.



Dr. (Maj.) Michael Bogaard, 509th Medical Operations Squadron optometrist, holds up a set of trial lenses to the eyes of Senior Airman Jeffrey Afemon, 509th MDOS public health technician, in the optometry clinic at Whiteman Air Force Base, Mo., Sept. 4, 2013. The lenses help demonstrate to the patient what prescription they'll be getting.



Dr. (Maj.) Michael Bogaard, 509th Medical Operations Squadron optometrist, uses a binocular indirect ophthalmoscope to perform an eye assessment on Senior Airman Jeffrey Afemon, 509th MDOS public health technician, in the optometry clinic at Whiteman Air Force Base, Mo., Sept. 4, 2013. The ophthalmoscope helps focus the light inside the patient's eye and provides an image that the doctor uses to judge the health of the retina.



An auto refraction instrument is used to evaluate a patient's eyes in the optometry clinic at Whiteman Air Force Base, Mo., Sept. 4, 2013. This device is used to measure the curvature of the cornea and acquire an estimated prescription that the optometrist uses during the exam.

'Eyes on' the mission

By Staff Sgt. Nick Wilson
509th Bomb Wing Public Affairs

To provide support for nuclear deterrence and global strike operations, Airmen first need to be able to see.

Members of the 509th Medical Operations Squadron (MDOS) are responsible for providing vision care to more than 2,000 Service members each year. The optometry clinic at Whiteman leads this charge by offering routine eye exams to all active-duty members, to include spectacle and aircrew contact lens exams, refractive surgery evaluations and occupational exams.

Active-duty Service members in need of routine eye care are required to visit the clinic at Whiteman. Dependents and retirees are also eligible to receive their care here, and are seen on a space-available basis.

"Vision-ready means mission-ready," said Staff Sgt. Amanda Richardson, 509th MDOS optometry craftsman. "You don't want a pilot to fly a plane, a maintainer to fix a jet or a technician to give you a shot if they cannot see."

If a person cannot see, they are less prepared to do their job, she said.

"Our job does affect a lot of people on base, especially with gas mask inserts," Richardson said. "If an Airman is required to, but doesn't, have gas mask inserts, then he or she can't deploy."

Because Air Force Global Strike Command inspects Whiteman annually to determine if personnel are ready to deploy at a moment's notice, something as simple as Airmen not having gas mask inserts can certainly be detrimental to the wing's mission.

In addition to making sure patients have the proper gas mask inserts prior to deployments, optometry technicians also perform pre-screenings, which test patients' eyes before they are seen by an optometrist.

"The pre-screening includes checking vision, asking numerous health history questions and performing vision tests before sending them to see the doctor," said Alyssa White, 509th MDOS optometry technician. "My duties

also include ordering and dispensing spectacles and performing repairs."

The technicians use a variety of tools and equipment, valued at more than \$150,000, to accommodate patients who have different needs.

"We have patients who have borderline glaucoma or other medical conditions that require special visual testing for many different diseases," White said.

The assortments of tools technicians use also help them pinpoint the location of disease in the eye.

"If a part of a patient's eye is affected internally, then we'll need to be able to see it differently from what we see externally," Richardson said. "There are multiple parts to the eyeball, all of which are complex in their own way."

"The eyeball is also one of the few ways that the overall health of veins and arteries can be checked without being overly invasive," Richardson said. "Doctors can even check to see if patients have diabetes or hypertension by looking in their eyes."

Not only is a healthy set of eyes a good indicator of a patient's overall health, but it is also essential to have clear vision while operating a motor vehicle, White said.

"You don't want to hit a cat or a deer crossing the road," White said, "or accidentally miss a stop sign. Sometimes difficulty seeing while driving at night is the first indication that you might need glasses."

Vehicle operators need to be able to see when speed limits change on base, especially in base housing, which has a speed limit of 5 mph when children are playing near the roads, Richardson said.

Whether helping out a patient during an appointment or repairing a pair of eyeglasses, members of the 509th MDOS always ensure the concerns of each patient are met.

"When we can help the patients, it's satisfying, because we know we've changed their quality of life," said Dr. (Maj.) Michael Bogaard, 509th MDOS optometrist and medical services flight commander. "Our doors are also open for acute vision needs. We always try our best to help people out."

Whiteman Top III MVP Award



U.S. Air Force photo/Staff Sgt. Alexandra M. Boutte
Airman 1st Class Jessica Bernard, 509th Maintenance Squadron aerospace ground equipment technician, receives the Whiteman Top III MVP Award from Master Sgt. Randolph Wyatt, Whiteman Top III council member, at Whiteman Air Force Base, Mo., Oct. 24, 2013. The Top Three MVP award is presented monthly to recognize outstanding professionalism throughout the enlisted corps. Bernard works in a flight that is responsible for maintaining more than 700 pieces of equipment valued at more than \$58 million. She coordinated eight major fundraisers in Kansas City that generated more than \$9,000 for squadron events. Master Sgt. Kevin Guillette, left, is the AGE flight NCO in-charge.

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This Week in Sports – NFL Picks, Focus on Fantasy



Kendall Wright is a great PPR pickup this week against the St. Louis Rams/Donn Jones Photography, AP

By 1st Lt. John Cooper
509th Bomb Wing Public Affairs

NFL Picks of the Week

I'm a big fan of Fox's NFL pregame show, when I get home from church in time to see it. One of the best parts of the show is the celebrity pick segment, hosted expertly this year by Rob Riggle. If you haven't watched it, definitely give it a try. Both Rob and the panel make picks on four different games – the two televised marquee match-ups, a potential upset and a wild-card game. This week, I'll start doing the same thing in this column. Also, starting later this year, we'll be giving you a chance to weigh in with your college bowl game picks and compete against fellow members of Team Whiteman.

In any event, here are this week's picks. Hopefully I can improve on my 3-3 pick record.

- 1) Panthers over the Falcons
- 2) Patriots over the Steelers
- 3) Upset – Dolphins over the Bengals
- 4) Wild Card – Chiefs over the Bills

Fantasy Watch

This week I'll talk about two players you should pick up depending on your team situation, as well as some options for D/STs the rest of the season, so let's get to it.

The first guy you want to pick up this week is Titans WR Kendall Wright. Owned in only 34 percent of ESPN leagues, Wright has been the model of consistency this year, and a PPR beast, having scored double-digit fantasy points since Week 2 in PPR leagues. He's only found the end zone once this year, but retains good flex appeal given his chemistry with quarterback Jake Locker, who's also underrated as a fantasy option. I think Wright will have at least five touchdowns by the end of the year, and with Locker coming back healthy off the Titans' bye, look for Wright to have another solid outing, especially given that this tilt will be against a very weak St. Louis secondary. You can go for the flavor of the week candidate – this week will be Cincy's Marvin Jones, for sure – but often those picks fade or fail to perform at the high level that inspired owners to pick them up in the first place (ex-

hibit A – my pick of Eddie Royal a few weeks back). Wright will be a consistent point-scorer for you; he's a must-add in PPR leagues.

If you're sitting on a 6-2/7-1 record and don't need to add players to help you win right now, it's time to start thinking about the playoffs, and adding depth at key positions. One way you can add depth at RB is by picking up Giants RB Andre Brown. After breaking his leg – for the second time – in the preseason, Brown is eligible to return to the field in Week 10 following the Giants' bye this week. I love both Brown and Shane Vereen as pickups for running back depth, though while Vereen is owned in more than 70 percent of leagues, Brown is on a mere 18 percent of rosters, so your chances of snagging him are definitely higher. His health is certainly an issue, but the potential payoff he provides is undeniable. The Giants' backfield is a mess, and last year before getting hurt, Brown was clearly the Giants' goal-line back. In 10 games, he scored eight times and averaged 5.3 yards per carry. That's a great stat-line if you're hurting at RB or just want depth. Don't wait beyond

this week to pick him up.

Finally, what to do with those crazy D/ST picks? Unless you have the Chiefs or Seahawks defense, you're very possibly streaming D/STs – playing the matchups every week and picking the unit you think will do best that week. Streaming gets a little tougher to do in 14+ team leagues, but is definitely an option in 10-12 team leagues. Depending on who's available in your league, some great streaming picks the rest of the year include the Titans, Saints and Patriots. The Titans rank eighth in D/ST fantasy points (ESPN scoring), with 13 takeaways overall and multiple sacks in every game this year, while the Saints, though still shaky against the run, have improved drastically in the secondary, and showed Sunday they can get after the quarterback. The Patriots were my streamer two weeks ago, and in the last two contests gave me a combined 25 points against the Jets and Dolphins; they could be worth a play again this week, given Pittsburgh's weak offensive line. If Aqib Talib comes back next week from injury, the Pats' secondary once again can be considered elite.

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Warrensburg
Mon-Fri 10-6
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MERCHANDISE FOR SALE

New Mattress Sets: Twin \$89.99; Full \$99.22; Queen \$179.99; King \$299.99; Queen pillow top \$249.99. Dutch Country Market Call 660-563-2941 10340 50 Hwy, Knob Noster

Office Paper Briquettes for sale, cheap wood furnace fuel source comparable to wood energy output. Heat your home and help the environment. Fridays 1-3PM starting October 4th, \$0.02/lb - 300lb minimum order. Checks only!! Truck or Trailer only. Whiteman AFB Recycling Center, 462 3rd Street

Don't forget to add your e-mail address to your classified ads!

General

The Missouri Veterans Home - Warrensburg has the following Job Opportunities:

• Director of Dietary Services/Food Service Manager I
 MVH-Warrensburg is seeking a Director of Dietary Services. The range of pay is: \$1,325.00--\$1,371.00 semi-monthly. This position is responsible for leading the Dietary Department and embracing the vision of Veteran Centered Care in the delivery of nutritional needs and preferences of our Residents.

Candidates for this position must be eligible for the classification of Food Service Manager I on the Missouri State Merit Register and have Certification as a Dietary Manager (CDM).

Interested candidates please submit a cover letter and resume to:
Dietary Services Search Committee
 C/O Human Resources
 1300 Veterans Road • Warrensburg, MO 64093
 Phone (660) 429-4640; Fax (660) 543-5075;
 E-mail: Teresa.Sigman@mvc.dps.mo.gov

• Director of Environmental Services/Housekeeper I
 MVH-Warrensburg is seeking a Director of Environmental Services. The range of pay is: \$1,234.00--\$1,279.00 semi-monthly. This position is responsible for leading the Environmental Services Department in upholding the highest standards of overall cleanliness and quality laundry services.

Candidates for this position must have two or more years of institutional, hotel or comparable commercial housekeeping experience including one or more years as a Custodial Work Supervisor or in a comparable position.

Interested candidates please submit a cover letter and resume to:
• Director of Environmental Services Search Committee
 C/O Human Resources
 1300 Veterans Road • Warrensburg, MO 64093
 Phone (660) 429-4640; Fax (660) 543-5075;
 E-mail: Teresa.Sigman@mvc.dps.mo.gov

• Certified Nursing Assistants
 MVH-Warrensburg is seeking full-time CNA's to care for our American Hero's for the night shift. The starting salary is \$10.78 per hour with shift differential.

Interested candidates please contact:
Jane Thurman, Scheduler at (660) 429-4637 or visit us at 1300 Veterans Road, Warrensburg, to receive the necessary application.

- Benefits for all positions include:
- 3 weeks of paid vacation
 - 3 weeks of paid sick leave
 - 12 paid holidays
 - EOC; Drug Free Workplace
 - MVH celebrates a diverse workforce
 - 2008 NAHCA Facility of the Year

W-K
 Home of the *Jump Start Program*
 If you have ever had bad luck with your credit for whatever reason, but need to buy a car, W-K is where you need to be! Come take advantage of W-K's Jump Start Program, just as many of your neighbors have! Call Ron today at 800-382-5088. And remember, we are here to help you!



2 BEDROOM, 1 Bath, garage, large fenced yard, new refrigerator, dishwasher, stove, microwave, washer and dryer, new carpet, recently updated, double pane windows, maintenance free exterior, new furnace and hot water heater in 2007. **Call 660-287-7207.**

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	WAS	NOW
2010 Hyundai Santa Fe AWD 66K.....	\$15,995	\$15,495
2009 GMC Acadia SLT AWD.....	ONLY	16,995
2008 Ford Escape 4WD.....	9,495	8,995
2007 Jeep Wrangler Unlimited 50K.....	ONLY	16,495
2007 Mazda CX7 AWD.....	11,495	10,995
2006 Ford Escape 1-Owner.....	7,995	6,995
2006 GMC Yukon Denali AWD.....	14,995	13,995
2006 Hummer H3 4WD.....	15,995	15,495
2005 Dodge Durango 4WD 3rd row.....	7,995	7,495
2008 Dodge Gr.Caravan SXT power doors.....	10,995	9,995
2007 Ford Freestar SEL.....	9,495	8,995
2006 Ford Freestar.....	5,995	4,995
2003 Chevy Astro AWD.....	2,995	2,495
2009 Dodge Caliber.....	9,495	8,995
2009 Pontiac Vibe AWD.....	10,995	9,995
2008 Pontiac Grand Prix 70K.....	9,995	8,995
2009 Chevy Malibu.....	9,995	9,495
2008 Chevy Impala.....	7,995	7,495
2006 Chevy Impala.....	7,495	6,995
2005 Dodge Stratus.....	4,495	3,995
2000 Buick Regal.....	3,995	3,495

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1 BR \$450, 2 BR \$550, washer & dryer included. Located in Knob Noster. Call 660-909-3453

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 Call 660-563-3518

Houses For Sale

BY OWNER- AS IS: 3 Bedroom, 2 bath, formal living & family room, double garage, fenced back yard, unfinished basement. Best offer. Call 660-864-3472.

To place a classified ad, call one of our advisors today at 826-1001.

ANNOUNCEMENTS

THE TWO WAY CALL
 Jesus said I came not to call the righteous, but sinners to repentance. Matthew 9:13. Whosoever shall call upon the name of the Lord shall be saved. Romans 10:13. Have you called?
 KJV. Bible Basics, Box 745, Eldon, MO 65026

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DEDICATED FULTON, MO
 Account that gets you Home Weekly! Average \$46,000 year plus Great Benefits! Werner Enterprises: 1-855-850-9707



1745 E Timber Ridge
REDUCED \$17,600 MOTIVATED SELLER! BEAUTY AND VALUE ABOUND!! Well maintained 3 BR 2 bath home in Hunter's Ridge, family room, living room, eat in kitchen with lots of cabinets, and generous deck for relaxing **\$149,900 #66154**
CALL DAN HURLEY 660-473-0215
Coldwell Banker Monsees Realty 826-5811



Large 2,500 Sq Ft Ranch Home with 4 bdrms and 2 baths on a corner lot close to schools. Features hard wood floors, 2 wood burning fireplaces, large patio and extra large covered front porch. Extra space for expansion and a lot of potential. Call Evelyn Foffel at 660-563-1717. LeMay Realty, Joe Lemay, Broker. Office 660-563-6000 **MLS# 43739, \$165,000**

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02 DODGE DURANGO V8, 4DR, 4x4	\$4395
01 DODGE RED 3/8 AT SHORT BED	\$3895
97 OLDS CUTLASS V6 4DR 105K	\$2595
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96 FORD TAURUS 4DR 110K	\$2495
98 FORD 1/2 TON V-8 4x4 REG CAB	\$3495
99 DODGE 1/2 TON V-6 AT	\$2195
99 PLYMOUTH VAN V-6 AT	\$2495
01 PONTIAC GRAND PRIX V6, 4DR, AT	\$2495
94 JEEP V-8 4x4, 4DR, AT	\$2195
92 CHEVY XTRA CAB, 2WDR, V-8, AT	\$2495

Celebrating 24 Years!!!

Priced to Sell this 3BR 1.5 bath is located in a great neighborhood with new thermal windows, fenced in backyard and attached garage. This one is a Must See! Contact Lisa Sell @ 660-221-4216 or visit LisaSell.ReeceAndNichols.com
 Reece & Nichols Legacy Real Estate | 660-826-9500
\$89,900.
MLS 66788.

KEY REALTY 401 E. Russell Ave. • Warrensburg, MO

Office: 747-7043 Holly Dow: 238-5634
 David Roberts: 238-3936 Barb Myers: 624-3026
 Bobby Hall: 864-4492 Pat Brasel: 909-5922
 Craig Conant: 238-6042 Vance DeLozier: 909-7043

Visit our website for all area listings www.KeyRealtyWarrensburg.com

Houses For Sale

NEWER, CUSTOM, IMMACULATE 4-5 BR, 3 bath in LakeRidge, approximately 3600 sq. ft., off DD blacktop between Warrensburg & Knob Noster. Corner lot, large kitchen, stainless steel appliances, full basement, just painted interior, privacy fence in back, large wood deck. Allen Kidwiler, 660-351-0313, ReMax Truman Lake. **MLS# 66733 660-885-2201.**

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New
**2014 CHRYSLER 300C
JOHN VARVATOS EDITION**
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\$40,535

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After Rebates, or Interest
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Stk# 322884

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New
**2014 JEEP GRAND CHEROKEE
LIMITED 4x4**
Stk# 293940

as low as **1.9% APR**
financing for up to 60 months*



New
2014 JEEP WRANGLER
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New
**2014 CHRYSLER TOWN &
COUNTRY TOURING L**
Stk# 1168614
as low as **0% APR**
financing for up to 60 months*

*With approved credit. See dealer for details.

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\$11,833

2005 Chrysler 300 Touring
Leather, Loaded, Only 46K
Miles! Stk #09208A



2011 Ford Fusion Sport
Sharp Unit, Leather, Alloys,
Moonroof! Stk #39476A



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2006 Volvo XC90
AWD, Fully Loaded, Extra
Clean! Stk #41446A



2007 Chevrolet Tahoe LT
Captain Seating, 4WD, Leather,
Loaded! Clean Unit! Stk #45697A



2006 Mini Cooper S
Moonroof, Manual, Only 68K
Miles! Stk #18500A



\$12,255

2010 Pontiac G6
Local Trade, Only 66K Miles,
Clean Unit! Stk #60930A



2012 Lincoln MKZ
Moonroof, Leather, FWD, V6
Stk #37593A



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2008 Nissan Sentra Spec-V
Only 68K Miles!
Stk #49005A



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V6, Moonroof, Leather, Low
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Great Gas Mileage!
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\$22,495

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Latitude**
Only 25K Miles, Moonroof, 1 Owner,
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